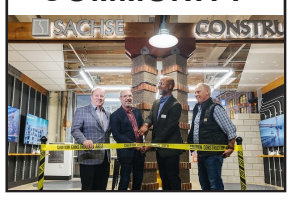
COMMUNITY

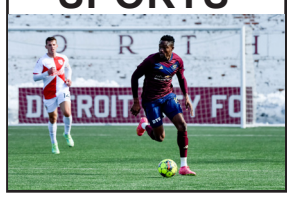


Page 7 –
Partnership Unveils
'Skilled Trade Career Center'

EL CENTRAL HISPANIC NEWS

Michigan's #1, Oldest, Largest and Only Bilingual Hispanic News • Free! ¡Gratis! • Vol. 35, #21 • **March 28, 2024**

SPORTS



Page 10 –
DCFC Wins
Home Opener !!!

Se anuncia el 59° Desfile y Fiesta del Cinco de Mayo

El domingo 5 de mayo a las 12 del mediodía, comienza el desfile de los Patrocinadores del Comité Patriótico Mexicano.

El Comité Patriótico Mexicano del área Metropolitana de Detroit (MPC), ha programado el Desfile Anual del 5 de Mayo, el domingo 5 de mayo de 2024. La ruta del desfile de 3 millas comenzará en Woodmere St. y se dirigirá el este por Vernor Hwy, generalmente finaliza en W. Grand Blvd. Esta ruta está sujeta a la aprobación final de la Ciudad de Detroit.

El desfile comenzará a las 12. Habrá una celebración cultural y musical en las calles Bagley y 21st. el sábado 4 de mayo y el domingo 5 de mayo de 12:00 p. m. a 8:00 p. m. por lo que se notifica al público que la calle 21st St. estará cerrada ambos días y W. Vernor Hwy. estará cerrada mientras dure el desfile (de 11:30 AM a 2:30 PM del domingo 5 de mayo), por lo que se espera que los participantes planifiquen su visita tomando en cuenta los cierres.

El tema de este año es La Historia del suroeste de Detroit, abarcando todas las hermosas culturas de los países latinoamericanos, que han creado el rico tejido de nuestra comunidad. El Comité solicita que todos los participantes del desfile, decoren con esta temática, mostrando las diferentes etnias y realzando el orgullo y la resiliencia del pueblo mexicano. Se premiarán las mejores decoraciones y la mejor representación temática de carros, andaderas y/o carrozas.

Continúa en la pág.2

Plans Announced for the 59th Cinco de Mayo Parade and Fiesta

Mexican Patriotic Committee Sponsors Parade to start on Sunday, May 5 at 12noon

The Mexican Patriotic Committee of Metropolitan Detroit is planning the 59th Annual Cinco de Mayo Parade on Sunday, May 5, 2024. The 3-mile parade route will start from Woodmere St. and will travel east along Vernor Hwy. usually ending at W. Grand Blvd. At this writing, the procession route is subject to final approval by the City of Detroit.

The parade will begin at 12noon. A cultural and musical Fiesta is also planned at Bagley and 21st Streets on Saturday, May 4 and Sunday, May 5 from 12pm-8pm each day. MPC is notifying the public now that 21st St. will be closed during Fiesta times both days and W. Vernor Hwy. will be closed for the length of the parade from 11:30am to 2:30pm on Sunday, May 5th. The MPC hopes visitors will plan their participation in these events accordingly.

The theme this year is La Historia de Southwest Detroit. This theme embraces all the beautiful cultures from the many Latin American countries that create the rich fabric of our

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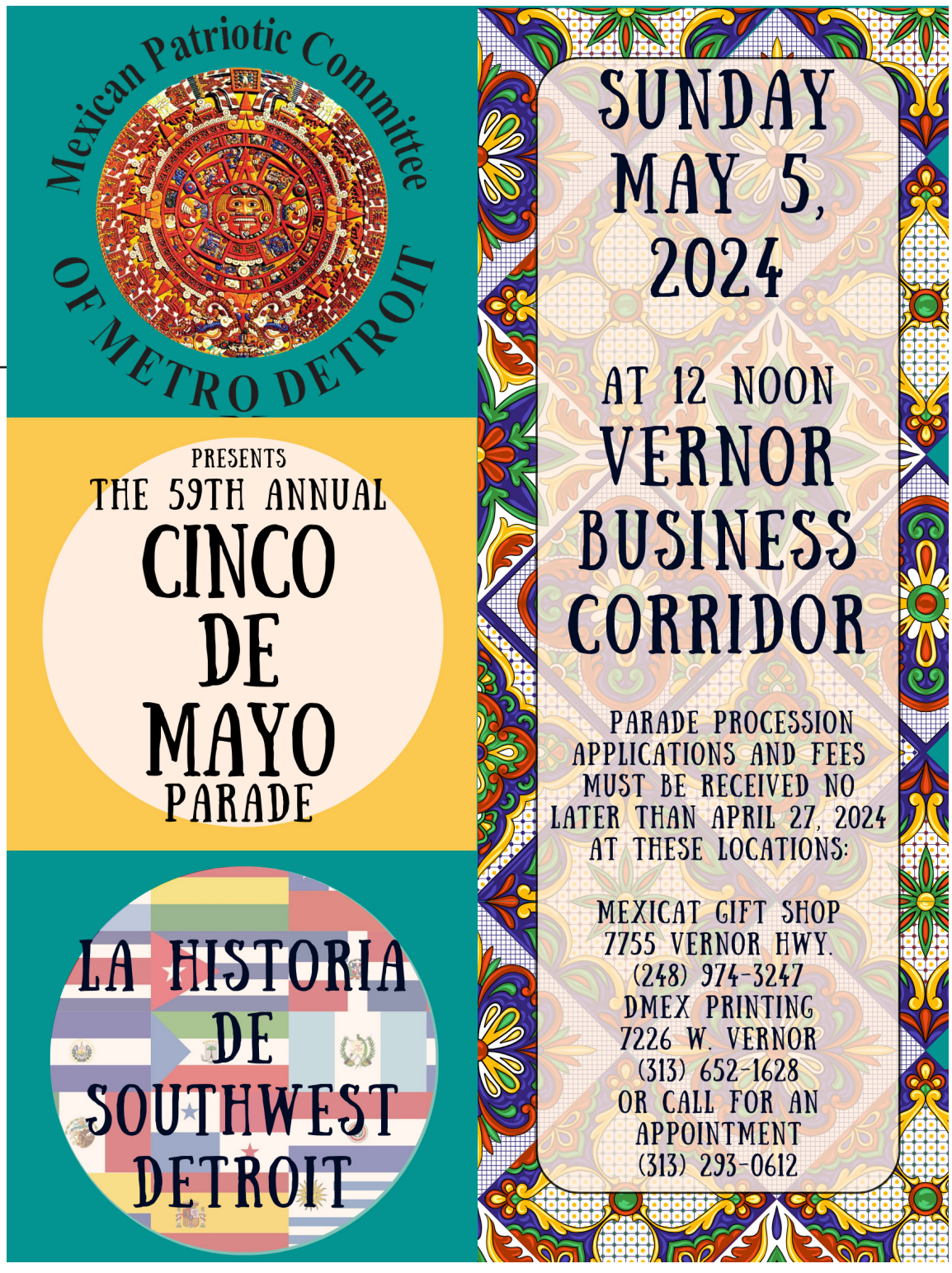

Dr. Kimberly Andrews Espy Invested with the Symbols of Office as the 13th President of Wayne State University

By Dr. José Cuello, WSU Emeritus Associate Professor

Wayne State University celebrated the arrival of its first woman president with the official installation into office of Dr. Kimberly Andrews Espy on Monday, March 18, 2024 at the Detroit Institute of Arts.

Board of Governors Chair, Shirley Stancato, and Vice Chair Bryan C. Barnhill II invested her with a large silver medallion and chain that President Espy will wear on important official events of her choosing.

In her acceptance of the presidency, Dr. Espy made it clear that community and students are her main priorities. She affirmed her determination to grow Wayne State University's proactive collaborations with Detroit's many diverse communities: alumni, ethnic, racial, working class, corporate, scientific, governmental, and social service. She will strengthen Wayne State's leading role as the social mobility university of Michigan.

Dr. Espy's celebratory and unifying sense of mission in service to the greater good is a reflection of her deep rootedness in family and her professional field of care for children who are misunderstood by society.

She was introduced by her husband and partner, Paul Hoffman. They raised seven children while pursuing demanding careers. Top scientists from the Department of Energy and the University of Houston appeared to praise Dr. Espy's humanity and professional expertise.

There is no doubt that the investiture ceremony, with all its pomp and rituals, was either Dr. Espy's empowerment of a dormant urge by Wayne State to tell its story of what it does every day, every month and every year to serve the working people of Detroit and Michigan. It does it without the massive resources of a UofM-Ann Arbor or an MSU.

cont on pg.6

Dr. Espy gives her acceptance speech at her investiture ceremony as university and community leaders look on.
Photo provided by Wayne State University

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59th Cinco de Mayo Parade and Fiesta

Con't from pg. 1

community. The Committee is requesting that all parade participants decorate in this theme to showcase different ethnicities to enhance the Mexican tradition of pride and resilience of our people. This year there will be awards given to the most decorated and best theme representation by cars, walkers, and/or floats.

The Committee is accepting parade applications for participants joining the Theme Competition. There will be NO on-site parade entries. Applications and fees must be received no later than April 27 at these locations:

Mexicat Gift Shop
7755 Vernor hwy.
(248) 974-3247

DMex Printing
Vernor hwy.
(313) 652-1628

or call for an appointment
(313) 293-0612

59° Desfile y Fiesta del Cinco de Mayo

Con't de pg. 1

El Comité está aceptando solicitudes, para participantes que se unan al Concurso Temático en el desfile. NO habrá inscripciones el día del evento. Las solicitudes y las tarifas deben recibirse a más tardar el 27 de abril en las siguientes ubicaciones:

Mexicat Gift Shop
7755 Vernor autopista.
(248) 974-3247

DMex Printing
Vernor hwy.
(313) 652-1628

o llame para una cita
(313) 293-0612

Mexican Patriotic Committee of Metro Detroit

DPRD ATHLETICS PRESENTS
SOCCER IN THE PARK
SPRING 2024
APRIL 20TH JUNE 9TH
LOCATIONS: ROUGE PARK, O'HAIR PARK, JAYNE/LASKY
COACHES NEEDED
Must be 16 or older. Enthusiastic about creating a fun environment for kids. Can commit to 5hrs/week for 8 weeks. Coaches training provided. Coaches recieve a stipend for the season.
DPRDATHLETICS@DETROITMI.GOV
WWW.DPRDATHLETICS.COM
SMART LINK FOR COACHES TO COMPLETE THE QUESTIONS.
HTTPS://APP.SMARTSHEET.COM/B/FORM/B7212435R9FB42B0B24B198217CF1F9R

IIMD
INTERNATIONAL INSTITUTE OF METRO DETROIT
CITIZENSHIP PREPARATION CLASSES
Classes are held twice a week for 12 weeks
Classes start on Monday, April 8, 2024 and end on Wednesday, June 26, 2024
You are welcome to join the class anytime after the start date
Classes are taught in English by our IIMD Instructor, Joslyn
To register for our free classes, complete the online registration form by scanning the QR code or go to:
http://bit.ly/OnlineCitizenshipClassAPR2024
SCAN ME
On-Line Citizenship Class
meets Mondays & Wednesdays 6:00pm-8:00pm
using Zoom and Google Classroom
Free Classes
Must be a Michigan Resident
Image of Driver's License or official ID will be required
Image of USCIS Permanent Resident (Green Card) will be required
For more information:
call 313-600-7618
email: wojciech517@yahoo.com
International Institute of Metropolitan Detroit

IIMD
INTERNATIONAL INSTITUTE OF METRO DETROIT
CLASES DE PREPARACIÓN PARA LA CIUDADANÍA
Las clases se realizan dos veces por semana durante 12 semanas
Las clases comienzan el lunes 8 de abril de 2024 y terminan el miércoles 26 de junio de 2024
Le invitamos a unirse a la clase en cualquier momento incluso después de la fecha de inicio
Las clases se imparten en inglés nuestra instructora de IIMD, Joslyn
Para inscribirse en nuestras clases gratuitas, complete el formulario de registro en línea escaneando el código QR o vaya a:
http://bit.ly/OnlineCitizenshipClassAPR2024
SCAN ME
La clase de ciudadanía en línea
se reúne los lunes y miércoles de 6:00 p.m. a 8:00 p.m.
usando Zoom y Google Classroom
Free Classes
Debe ser residente de Michigan
Imagen de Licencia de Conducir o identificación oficial será requerido
Imagen del residente permanente de USCIS (Tarjeta Verde) será requerida
For more information:
call 313-600-7618
email: wojciech517@yahoo.com
International Institute of Metropolitan Detroit

Southwest Detroit Community: Our Next Chapter Together

After more than a decade of serving Southwest Detroit, the Ford Resource and Engagement Center (FREC) is transitioning to expand our reach in the community.

We're grateful for the wonderful memories we've shared at the Mexicantown Mercado and appreciate the support of all our friends and neighbors over the years.

As of March 15, 2024, FREC Southwest operations and services will no longer be offered at the Mexicantown Mercado location: 2826 Bagley St. Detroit, MI 48216.

Don't worry - we're not moving far!
Our services will still be available throughout Southwest.

For more information and updates during this transition, please visit **fordfund.org/frecsouthwest.**

Additional resources can be accessed by **calling 2-1-1** or visiting **pantrynet.org** to find a nearby food pantry.

We're grateful for the wonderful memories we've shared at the Mexicantown Mercado and appreciate the support of our community over the years.

Communidad de Southwest Detroit: Juntos en Nuestro Proximo Capitulo

Despues de más de una década prestándole servicios a Southwest Detroit, Ford Resource and Engagement Center (FREC) esta en vías de transición para expandir nuestro alcance en la comunidad.

Estamos agradecidos por las maravillosas memorias que hemos compartido en el Mexicantown Mercado y apreciamos el apoyo de todos nuestros amigos y vecinos a través de los años.

A partir de Marzo 15, 2024, FREC Southwest no continuara ofertando sus operaciones y servicios en el Mexicantown Mercado localidad: 2826 Bagley St. Detroit, MI 48216.

No se preocupen – no nos mudamos lejos!
Nuestros servicios seguirán disponibles en todo el Southwest.

Para mas información y actualizaciónes durante esta etapa de transición, por favor visite a **fordfund.org/frecsouthwest.**

Informaciones adicionales pueden ser obtenidas **llamando a 2-1-1** o visitando **pantrynet.org** para encontrar un food pantry mas cercano.

Estamos agradecidos por los maravillosos recuerdos que hemos compartidoen el Mercado de Mexicantown y apreciamos el apoyo de nuestra comunidad todos estos años.

Free sleep clinic addresses disparities in treatment of sleep disorders

Written by Leona Falconer of Michigan Medicine and translated by Juan Ochoa of Michigan News.

Free access to sleep care is now available for people without health insurance in southeast Michigan. Established by a University of Michigan sleep epidemiologist, the new sleep medicine service aims to combat sleep disorders and help reduce poor health outcomes.

Service is among the first in the nation to provide free sleep care to underserved communities.

Sleep is a vital function for overall well-being — impacting physical, mental and emotional health. However, many people struggle to get a good night's sleep.

An estimated 50 to 70 million American adults are affected by sleep disturbances, and one in three adults will experience a sleep disorder at some point in their lives.

"Unfortunately, those who are most susceptible to sleep disorders include low-income working adults, immigrants and refugees," said Galit Levi Dunietz, associate professor in the Department of Neurology and Division of Sleep Medicine at U-M.

"Medical care is often inaccessible for these underserved groups, and they never receive assessment or diagnosis for sleep disorders. Left untreated, they suffer from severe health consequences."

Sleep and underserved populations

Dunietz partnered with the Hope Clinic, a nonprofit organization committed to supporting underinsured and uninsured individuals, to provide free sleep care to underserved populations.

With locations in Ypsilanti and Westland, Mich., the clinics are situated in urban areas of the state with diverse communities, including many immigrants and refugees.

The organization provides free medical and dental care, behavioral health counseling and food programs for vulnerable members of the community.

"We aim to provide the most extensive range of free healthcare services possible, but sleep medicine has not been accessible to us in the past," said Ann Marie Peterson, a medical clinic manager at Hope Clinic.

"There was a critical need for sleep care amongst our patients, which would have been far too expensive for them to receive anywhere else."

Sleep apnea common

In particular, many patients visiting Hope Clinic were diagnosed with a sleep disorder called obstructive sleep apnea.

Sleep apnea is characterized by loud snoring and frequent pauses in breathing during sleep and can lead to insomnia, daytime sleepiness, high blood pressure, diabetes and heart disease. Obstructive sleep apnea is commonly treated with nightly use of a continuous positive airway pressure device (CPAP), a breathing machine that keeps the upper airway open.

Without health insurance, evaluation for obstructive sleep apnea and its treatment are

inaccessible. Barriers to sleep apnea care include lack of access to a sleep physician, sleep apnea test and CPAP machines.

It's beyond rewarding to hear them say they're sleeping better and feel like they can be more proactive in their lives," said Dunietz.

Volunteer sleep physicians: Ronald Chervin, M.D., Cathy Goldstein, M.D., Shelley Hershner, M.D., William Palmer, M.D., Ronald R. Gavidia Romero, M.D., Anita Shelgikar, M.D., Qurratul Aine Shamim-Uzzaman, M.D., Punithavathy Vijayakumar, M.B.B.S

Volunteer respiratory therapists: Rebecca Aiello, Armando Kurili

Clínica gratuita de sueño aborda desigualdades en el tratamiento de trastornos del sueño

Escrito por Leona Falconer de Michigan Medicine, adaptado al español por Juan Ochoa de Michigan News.

El acceso gratuito al cuidado del sueño ya está disponible para personas sin seguro de salud en el sureste de Michigan. Establecido por un epidemiólogo del sueño de la Universidad de Michigan, el nuevo servicio de medicina del sueño busca combatir los trastornos del sueño y ayudar a reducir los malos resultados de salud.

El servicio es uno de los primeros en la nación en proporcionar atención gratuita del sueño a comunidades desatendidas.

Dormir es una función vital para el bienestar general, que afecta la salud física, mental y emocional. Sin embargo, muchas personas tienen dificultades para dormir bien por la noche.

Se estima que de 50 a 70 millones de adultos estadounidenses están afectados por trastornos del sueño, y uno de cada tres adultos experimentará un trastorno del sueño en algún momento de sus vidas.

"Desafortunadamente, los que son más susceptibles a los trastornos del sueño incluyen a adultos trabajadores de bajos ingresos, inmigrantes y refugiados", dijo Galit Levi Dunietz, profesora asociada del Departamento de Neurología y División de Medicina del Sueño de la U-M.

"El cuidado médico a menudo es inaccesible para estos grupos desatendidos, y nunca reciben valoración ni diagnóstico para trastornos del sueño. Sin tratamiento, sufren de graves consecuencias para la salud."

Sueño y las poblaciones desatendidas

Dunietz se asoció con Hope Clinic, una organización sin fines de lucro comprometida con apoyar a individuos sin seguro médico, para proporcionar cuidado del sueño gratuito a poblaciones desatendidas.

Con ubicaciones en Ypsilanti y Westland, Michigan, las clínicas están situadas en áreas urbanas del estado con comunidades diversas, incluyendo a muchos inmigrantes y refugiados.

La organización provee servicios médicos y dentales gratuitos, asesoramiento en salud conductual y programas alimenticios para miembros vulnerables de la comunidad.

"Nuestro objetivo es proporcionar la gama más extensa posible de servicios de atención médica gratuitos, pero la medicina del sueño no ha sido accesible para nosotros en el pasado", dijo Ann Marie Peterson, gerente de la clínica médica en Hope Clinic.

"Había una necesidad crítica de cuidado del sueño entre nuestros pacientes, lo cual habría sido demasiado costoso para ellos recibir en otro lugar."

La apnea del sueño es común

En particular, muchos pacientes que visitaban Hope Clinic fueron diagnosticados con un trastorno del sueño llamado apnea obstructiva del sueño.

La apnea del sueño se caracteriza por ronquidos fuertes y pausas frecuentes en la respiración durante el sueño, y puede conducir a insomnio, somnolencia diurna, presión arterial alta, diabetes y enfermedades cardíacas. La apnea obstructiva del sueño se trata comúnmente con el uso nocturno de un dispositivo de presión positiva continua en las vías respiratorias (CPAP, por sus siglas en inglés), una máquina para respirar que mantiene abierta la vía respiratoria superior.

Sin seguro médico, la evaluación para la a1pnea obstructiva del sueño y su tratamiento son inaccesibles. Las barreras para el cuidado de la apnea del sueño incluyen la falta de acceso a un médico especialista en sueño, una prueba de apnea del sueño y máquinas CPAP.

"Es extraordinariamente gratificante escucharlos decir que están durmiendo mejor y sienten que pueden ser más proactivos en sus vidas", dijo Dunietz.

Información en español: https://thehopeclinic.org/s/Monthly-Services-Flyer-Spanish-ljfx.pdf

Médicos voluntarios especialistas en sueño: Ronald Chervin, M.D., Cathy Goldstein, M.D., Shelley Hershner, M.D., William Palmer, M.D., Ronald R. Gavidia Romero, M.D., Anita Shelgikar, M.D., Qurratul Aine Shamim-Uzzaman, M.D., Punithavathy Vijayakumar, M.B.B.S.

Terapeutas respiratorios voluntarios: Rebecca Aiello, Armando Kurili

HOPE CLINIC
Para una Vida Mejor
www.thehopeclinic.org

SPANISH
última revisión en 2/12/2024

COMESTIBLES Y NECESIDADES

CITAS PARA LA DESPENSA
Incluye alimentos no perecederos, así como vegetales, lácteos, carne y pan según disponibilidad.
Hay que pedir cita con antelación, una vez al mes.
734-484-2989
Martes 12:30-2:30p
Miércoles 4-6p
Viernes 9:30-11:30a
Sábado 10-11:30a

PRODUCTOS AGRÍCOLAS
454 HARRIET ST.
Abierto Lunes, Miércoles, Viernes de 4-6p
Hay que inscribirse con antelación, una vez a la semana.
734-484-2989

COMESTIBLES SIN CITA
454 HARRIET ST.
Sólo artículos no perecederos y de primera necesidad.
No es necesario pedir cita.
Lunes 9:30a - 12p
Jueves 12:30-3p
Sábado 11am-12:30p

COMIDAS CALIENTES
Lunes/Martes/Jueves/Viernes /Sábado/Domingo.
5:00p - 6:00p
Las comidas para llevar están disponibles en la entrada del comedor.
No es necesario pedir cita.

Esta institución es un proveedor con igualdad de oportunidades.

ENTREGA DE COMESTIBLES
¿No puede recoger sus alimentos?
Llame al 734-484-2989 para programar su entrega

DESPENSA DE PAÑALES
Si necesita pañales, toallitas, fórmula o alimentos para bebés.
Miércoles 4-6p
Jueves 11:30a-1:30p
No se necesita cita.
Puede venir una vez cada mes (cada 28 dias).
Por favor, traiga el certificado de nacimiento de su hijo a la primera visita. Tenga en cuenta que las cantidades cambian en función de la disponibilidad.

LAVANDERIA
De lunes a viernes, 8:30am, 11:00am, and 1:00pm
Para programar una cita de lavandería, por favor llame al 734.961.3124 a las 9a los viernes.

CLINICA DENTAL
Las citas se programan de lunes a jueves de 9:00a-4:00p.
Si está interesado en programar una cita, puede llamar al 734.480.9575.

Ahora tomando nuevos pacientes!
El cierre de la clínica dental puede ocurrir cuando los casos de COVID sean más frecuentes.

DONACIONES Y SERVICIO
Las donaciones se pueden dejar en el vestíbulo principal de lunes a viernes de 9:00 a. m. a 4:00 p. m.
Nuestros horarios de entrega preferidos son:
Martes a jueves, de 9:00 a.m. a 4:00 p.m.
Planee completar un recibo de impuestos al momento de la entrega. Esto ayuda a Hope a mantener nuestra alta calificación ante las agencias de vigilancia sin fines de lucro.
Donaciones para la Clínica Médica.
Deben ser aprobadas primero.
Llame al **734 .481.0111**, luego presione 7 para dejar un mensaje.

SALUD MENTAL Y REZOS
Podemos ayudarle a solicitar:
Actas de nacimiento, Nutrición Suplementaria
Programa de Asistencia (SNAP), Medicaid, Plan de salud de Washtenaw (WHP)
También podemos ayudarlo a navegar por las opciones de seguro médico.

Las sesiones de asesoramiento clínico son gratuitas.
Disponibles a los no asegurados para hablar sobre el sufrimiento o la tristeza que a veces nos parece inmanejable. Por favor llame al 734.484.2989 para pedir una cita.
De lunes a viernes
¡También puede pedir nuestros rezos!

CLINICA MEDICA
Llame al 734.481.0111 en nuestro horario de apertura:
Martes y jueves 9:00a - 4:00p
Miércoles 1:00p - 4:00p
2° y 4° sábados del mes del mes: 9:00am- Mediodía.
Clínica de neurología o clínica de sueño el tercer sábado de cada mes. Por favor, llame para más información.
LLame para pedir cita.
En este momento no podemos recibir visitas sin cita previa.

SIGHT
Examen de la vista gratuito
Examen de glaucoma gratuito
Gafas gratuitas o de bajo costo
734-436-1186

518 HARRIET STREET - YPSILANTI, MI 48197

Diles que lo Viste en *EL CENTRAL*
Tell them you saw it in *EL CENTRAL*

Especial, World's Cultures

Holy Week

Holy Week

Holy Week is one of the most important activities in culture in Latin America, since being a Catholic region, the commemoration of the last days of the life of Jesus Christ, which is when Isaiah's prophecy was fulfilled in which he spoke about the coming of the Messiah, the prince of peace, who would resurrect on the third day after dying to save humanity from sins.

These holy days that began last Sunday, Palm Sunday, when Jesus enters Jerusalem and is received with olive branches in recognition of having endured the forty days in the desert facing the temptations of Lucifer. Currently, it is commemorated from Ash Wednesday to lead to what we call Lent.

Today, Holy Thursday, is one of the most important days, since three of the most important moments happen:

Jesus knows and is preparing for the sacrifice for the purification and absolution of sins, on this day, Jesus shares his humility from the great symbol, which is the washing of feet, that is, he recognizes himself as the son of God but not as a superior being before his brothers, because during his retreat in the desert he defeated Satan who had offered to make him king of the world, but Jesus had rejected such a proposal, he wanted to reach heaven with his father God. In this way, by washing the feet of his apostles he testifies to his service for others, for his brothers.

Later, the Last Supper happens, when Jesus offers bread and wine to his disciples: "This is the

body and blood of God," as a symbol of his dedication and devotion.

At night, when they go to pray in the garden of Gethsemane, Judas gives Jesus a kiss so that he can be identified, thus handing him over so that Jesus can be arrested. Judas sold him in exchange for 30 silver coins.

Once Jesus has been arrested, they take him to visit seven kings or seven authorities so that one of them can judge him. Finally, Jesus is handed over to Pontius Pilate, who will decide what his fate will be. However, Pontius Pilate does not want to deal with it either, but he cannot avoid the situation.

The next morning in front of the Jews, the trial takes place. Pontius Pilate tells them that he does not find that Jesus committed any crime, so there is no reason to punish him. And taking advantage of the fact that a prisoner was released during the Jewish Passover, Pilate asks them if they want to release Jesus or if they prefer to release Barabbas. The Jews save Barabbas.

Once the Jews ask Pilate to punish Jesus, the Way of the Cross begins, which is when they whip him and put on him the crown of thorns and a purple mantle as a symbol that he is part of Royalty, he is king, he has his mantle and crown. of thorns.

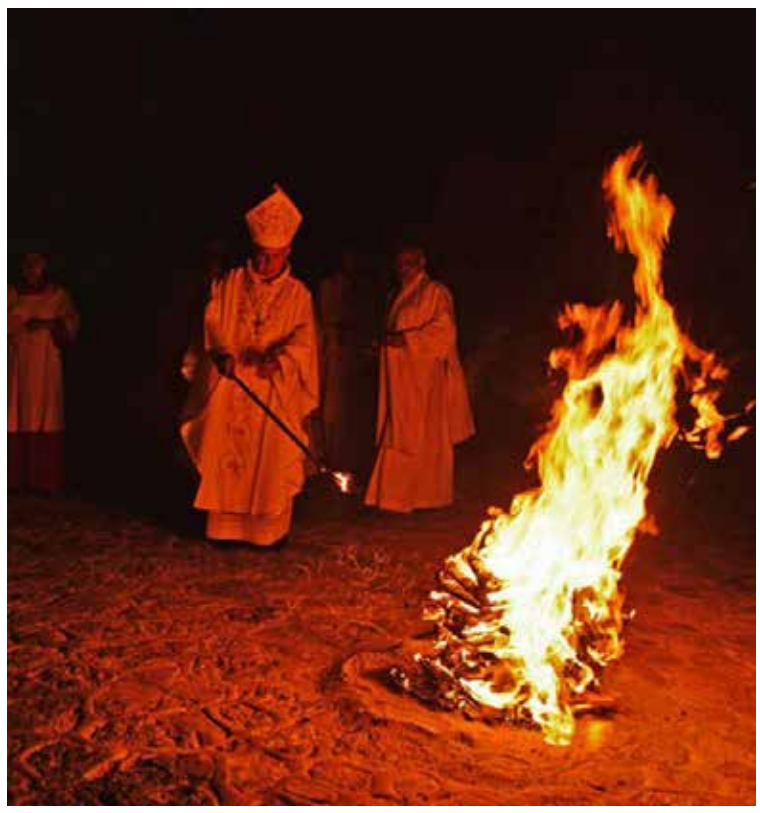
In Latin America, the Way of the Cross is of such importance that performances are held in cities and towns in which men carry their crosses to the place where the crucifixion will take place. It is important to know that the commemoration is carried out with realistic acts; they do receive part of the whipping practice, even if it is only simulated.

Jesus carries his cross on the way to Calvary, upon reaching Mount Golgotha he is crucified as was the practice on the cross. However, at that time they did not die on the cross, but rather they were tied to the cross, which is how two thieves were, one on each side of Jesus. Unlike the two thieves, Dimas and Gestas, they crucify Jesus with nails, and at the top they put the inscription that says he is Jesus the Nazarene, king of the Jews.

When Jesus is on the cross, he asks for water because he is thirsty, they give him vinegar. When he spits out the vinegar he looks at the sky and exclaims his words that affirmed that everything had been fulfilled, not only that, he asks God: "Father, forgive them, they do not know what they do."

At three in the afternoon, a Roman centurion stabs him in the left side with his spear. The heavens close and everything darkens. The rivers and seas are painted with blood. Jesus has died. They take him to his grave, where they leave his body to rest. On the afternoon of Good Friday, "The Procession of Silence" is held to accompany the Virgin Mary in her grief for the loss of her son.

On the third day Jesus resurrects, therefore, on Saturday night the new fire is celebrated, which is the most important ceremony in the Catholic calendar.



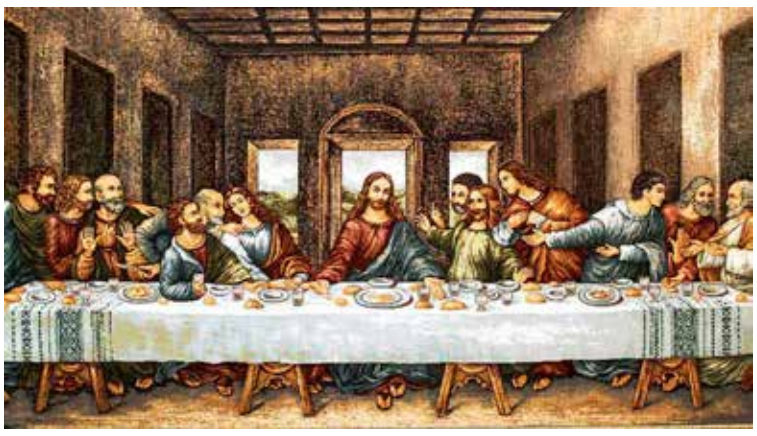
Sigue cada semana en
EL CENTRAL Hispanic News
ESPECIAL CULTURAS DEL MUNDO,
by Mariana Ayón RV

ESPECIAL CULTURAS DEL MUNDO

Semana Santa

Semana Santa

La Semana Santa en latinoamérica es una de las actividades más importantes de la cultura, pues siendo una región católica, la conmemoración de los últimos días de la vida de Jesucristo, que es cuando se cumplió la profecía de Isaías en la que hablaba sobre la venida del Mesías, el



príncipe de paz, quien resucitaría al tercer día después de morir para salvar de los pecados a la humanidad.

Estos días santos que comenzaron el domingo pasado, Domingo de Ramos, cuando entra Jesús a Jerusalén y lo reciben con ramos de olivos como reconocimiento por haber sobrellevado los cuarenta días en el desierto afrontando las tentaciones de Lucifer. En la actualidad, se conmemora a partir del miércoles de ceniza para llevar a lo que llamamos la cuaresma.

Hoy, Jueves Santo, es uno de los días más importantes, ya que suceden tres de los momentos más importantes:

Jesús sabe y se está preparando para el sacrificio por la purificación y absolución de los pecados, en este día, Jesús comparte su humildad a partir del gran símbolo, que es el lavatorio de pies, es decir, se reconoce como hijo de Dios más no como ser superior antes su hermanos, pues como durante su retiro en el desierto venció a Satanás quien le había ofrecido hacerlo rey del mundo, mas Jesús había rechazado tal propuesta, él quería llegar al cielo con su padre Dios. De esta manera, al lavar los pies de sus apóstoles hace testimonio de su servicio por el otro, por sus hermanos.

Más tarde sucede la última cena, cuando Jesús ofrece pan y vino a sus discípulos: "Éste es el cuerpo y la sangre de Dios", como símbolo de su entrega y devoción.

Por la noche, cuando se van a orar al huerto de Getsemaní, Judas le da un beso a Jesús para que lo identifiques, entregándolo así para que Jesús sea arrestado. Judas lo ha vendido a cambio de 30 monedas de plata.

Una vez que Jesús ha sido arrestado lo llevan a visitar siete reyes o siete autoridades para que uno de ellos sea quien se ocupe de juzgarlo. Finalmente, Jesús es entregado a Poncio Pilatos, quien decidirá cuál será su destino. No obstante, Poncio Pilatos tampoco quiere lidiar con ello, mas no logra evadir la situación.

A la mañana siguiente frente a los judíos, se lleva a cabo el juicio. Poncio Pilatos les dice que él no encuentra que Jesús haya cometido algún delito, de manera que no hay razón para castigarlo. Y aprovechando que en la pascua judía se liberaba a un preso, Pilatos les dice que si quieren liberarlo a Jesús o que si prefieren liberar a Barrabás. Los judíos salvan a Barrabás.

Una vez que los judíos piden a Pilatos castigue a Jesús, empieza el Viacrucis, que es cuando lo azotan y le ponen la corona de espinas y un manto púrpura en símbolo de que es parte de la Realeza, es rey, tiene su manto y corona de espinas.

En latinoamérica, el viacrucis es de tal importancia que se lleva a cabo representaciones en ciudades y pueblos en las que hombres cargan sus cruces hasta el lugar en el que se llevará a cabo la crucifixión. Es importante saber que la conmemoración se lleva a cabo con actos realistas, sí reciben parte de la práctica de los azotes aunque sean sólo simulados.

Jesús lleva su cruz camino al calvario, al llegar al monte de Gólgota lo crucifican como era la práctica en la cruz. Sin embargo, en aquella época no morían en la cruz, sino que los ataban a la cruz, que es como estaban dos ladrones uno de cada lado de Jesús. A diferencia de los dos ladrones, Dimas y Gestas, a Jesús lo crucifican con clavos, y en la parte de arriba ponen la inscripción que dice que es Jesús el nazareno, rey de los judíos.

Cuando Jesús está en la cruz, pide agua porque tiene sed, le dan vinagre. Cuando escupe el vinagre mira al cielo y exclama sus palabras que afirmaban que todo se había cumplida, no sólo eso, le pide a dios: "Padre, perdónalos, no saben lo que hacen".

A las tres de la tarde, un centurión romano le clava en el costado izquierdo su lanza. Los cielos se cierra y se oscurece todo. Los ríos y mares se pintan de sangre. Jesús ha muerto. Lo llevan a su tumba, donde dejan su cuerpo a descansar. En la tarde del Viernes Santo, se lleva a cabo "La procesión del silencio", para acompañar a la Virgen María en su pena por la pérdida de su hijo.

Al tercer día resucita Jesús, por lo tanto, el sábado por la noche se celebra el fuego nuevo que es la ceremonia más importante del calendario católico.

Tell them you saw it in Diles que lo viste en
EL CENTRAL
Hispanic News

Dr. Kimberly Andrews Espy, 13th President of WSU

Con't from pg. 1

I have been at Wayne State for thirty-five years. If any of the previous three presidents had an investiture ceremony, it must have taken place in a secret room somewhere out of public view. Other presidents came to adjust to the existing administrative culture of the university. This was the announcement of a new era.

Dr. Espy was deliberately chosen by the elected Board of Governors, led by past Chair Mark Gaffney, labor union leader and WSU faculty, to be a Transformational President.

President Espy found a good fixer-upper with an under-appreciated record and a promising future.

The ceremony was a tour-de-force of 360-degree DEI (diversity, equity and inclusion). On stage to deliver praises for President Espy's vision and actions were representatives of the most diverse organizations in the university, city and state.

Individual students, the Student Senate, a student choir and faculty members represented WSU's internal diversity. The mayor, the county executive and the lieutenant governor came to join the party. The corporate community sent a representative to offer its alliance.

Eva Garza Dewaelsche, President and CEO of SER Metro, the national leader in occupational training for the most needy in society, reflected on her experience as a member of the search committee that found Dr. Espy. See Garza Dewaelsche's speech reprinted in its entirety on this page.

President Espy was also given "The Academic Mace of Wayne State University" that according to a message from the Office of the President, "is a ceremonial scepter whose features relate to the ancient maces used by universities worldwide."

"The 51-inch mace consists of layers of carved ebony held in place by a tubular shaft. It serves as a symbolic weapon to protect and proclaim the ideals of harmony, truth, justice and learning."

Dr. Espy, I believe, considers it the authority to lead by example.

More to come in future months.

The chain on the large silver medallion presented to Dr. Espy is inscribed with the names of her 12 presidential predecessors.
Photo by Wayne State University

Reprint of Eva Garza Dewaelsche's Remarks at the Investiture of Dr. Kimberly Andrews Espy as President of Wayne State University on March 18, 2024

Good afternoon, and thank you to Wayne State's leadership and Board of Governors for including community in the selection and investiture of President Espy. I am honored to have participated on the search committee and in today's program.

Dr. Espy's appointment is historic. Not only is she our first woman president, she is an accomplished leader who has reached great success in her career while, amazingly, raising seven children with her husband Paul. Her wealth of personal and professional experience indicates characteristics of hard work, perseverance, and an unwavering commitment to excellence. She exudes a passion to ensure that every student has an opportunity to learn, thrive and earn a degree and is committed to enhancing the diversity and culture of inclusion to provide a more equitable future for all. In her words, "Wayne State's doors are open to all, we must leave no one behind."

I've witnessed a tireless champion in Dr. Espy. Already in her first few months as president, she has demonstrated a willingness to be open, to listen and to learn about our communities. She is showing up everywhere, listening and requesting feedback and inspiring our community toward a shared vision of strengthening Wayne State and its relationships with the community and the city.

She clearly recognizes that the greatness of any university is achieved and enhanced by the deep collaborations and partnerships with community. Such partnerships create solutions for ever-evolving needs and pressing challenges. Who can forget the extraordinary partnership Wayne State had with MDHHS and ACCESS during the historic pandemic. Wayne was at the forefront in addressing the urgent need to test and vaccinate people to save countless lives and to ensure a healthy community throughout the Covid crisis. Another significant partnership was with LA SED and New Detroit that helped create the Latino en Marcha program 52 years ago which is today's Center for Latino and Latin American Studies, a national model of success in meeting the education needs of our Hispanic community. The Consortium of Hispanic Agencies, of which my organization SER Metro is a member, has supported CLLAS since 1971, and the Center experienced great progress under Dr. Wilson's tenure. The CHA is eager to strengthen this partnership to grow the Center to ensure it enrolls and graduates more Latino students and continues to achieve the distinction as a successful program.

Our community must be a steadfast and active supporter of the university, its faculty, staff, students and academics. We are on this journey together to help build a stronger Wayne State that people will want to attend, and that will continue to contribute to our city and state.

Let's celebrate this historic event by wishing Dr. Espy a long and successful tenure as President of Wayne State University. May God bless her and her family and guide us as we all work together to lead Wayne State into a new era of success…. Thank you.

Editor's Note: Eva Garza Dewaelsche is the President and CEO of SER Meto-Detroit, Jobs for Progress and also the Publisher and Owner of EL CENTRAL Hispanic News.

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Partnership Unveils Innovative ‘Skilled Trade Career Center’ For Detroit Youth

By Amber Ogden

On Thursday, March 14, Junior Achievement of Southeastern Michigan (JA) and Sachse Construction proudly unveiled a groundbreaking partnership: the Skilled Trades Career Center. This state-of-the-art career center, located at 577 Larned St in Detroit, offers students a unique opportunity to explore the world of skilled trades. Some of the guests for the ribbon cutting included Mayor Mike Duggan, Todd Sachse, CEO of Sachse Construction, Detroit Public Schools, and community leaders, to name a few.

It's not just a typical learning space but a futuristic hub that uses interactive virtual reality (VR) experiences and training simulations to provide an immersive learning experience. This innovative approach to education is a first in the region. It is set to open doors for thousands of students across Southeast Michigan, contributing to the ongoing effort to address Michigan's skilled trades labor shortage.

"Young people come here to learn about some of the favorite life decisions we make from a financial standpoint and a career perspective. We talk about taxes, insurance, and many of the life things we do, like grocery shopping and creating a budget," said Jason D. Lee, President and CEO of JA, during opening remarks before the ribbon-cutting ceremony. "And as part of that curriculum, there are experiences around the decisions you make from a career perspective. And that's why we're really excited to have Sachse Construction here."

The Michigan Department of Labor and Economic Opportunity has anticipated that there will be a significant demand for skilled trade positions in Michigan until 2028, with approximately 47,000 job openings every year. This new center, a crucial step in addressing this demand, has been established to cater to this demand and provide a platform for students and youth. The Skilled Trades Career Center will significantly impact Michigan's labor shortage by offering a unique learning experience and preparing students for careers in the skilled trades.

Detroit Mayor Mike Duggan joined community partners and focused his remarks by addressing Michigan's construction boom centered around Detroit. However, there is a need for more skilled workers, particularly those from outside of Detroit, which is driving up construction costs. As a result, some projects are being completed more slowly and at a higher expense. Despite these challenges, working in construction is a promising career path, and the original vision for the city's growth was forward-thinking.

"You are seeing more Detroiters working in construction, carpentry millwrighting services, and the International Brotherhood of Electrical Workers working right now. But before you hit that point, when you're ten years old, when you're 12 years old, when you're 15 years old. Are you looking up at these tall buildings and saying I could go back and make a good living? It doesn't become a part of the young people's thought process early enough. And so what Todd (Sachse) has done here is just outstanding," Duggan said.

This center aims to engage students more meaningfully by leveraging their familiarity with digital platforms to expose them to many possibilities and lucrative careers in the skilled trades. Because of the access to high tech, it is an excellent opportunity for students to explore the various employment options and help bridge the digital divide.

JA offers a curriculum called Finance Park, which provides a capstone simulation program for K-12 schools, community-based organizations, and youth that closely mimics real-world on-the-job learning and training. Through interactive lessons and hands-on experience, students explore financial literacy and different career pathways, all under the guidance of educators and industry professionals. This comprehensive curriculum is a testament to their commitment to preparing students for their future careers. Finance Park is designed to appear like a small city with innovative booths of various corporations and careers, including Bank of America and McDonald's.

Arnesse Robinson, Program Manager at the Office of College and Career Readiness of the Detroit Public Schools Community District, discussed the partnership with JA and praised their team's exceptional work during the unveiling. She highlighted the great benefits of working with JA and expressed her enthusiasm for the collaboration.

"JA is one of our biggest programs because we allow our students to come here for the finance part, and then they go into our classrooms and schools pushing our students for career readiness curriculum. So, this is starting to prepare students for their careers. As you know, it is the gateway to the construction trades industry. I also have a DPS construction trades pathway at Randolph Technical High School. So this is adding all of them together," Robinson said.

For more information about the Sachse Construction Skilled Trades Career Center, call (313) 962-2550 or visit www.jamichigan.org

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Amber Ogden is a freelance writer born and raised in Detroit. She has published work in Forbes, Chevy in the D, Model D, and Rachel Ray Every Day. She enjoys art, culture, and eating her way through the city in her free time.

Marcell Copeland of Junior Achievement tries out the virtual reality training experience. Photo courtesy of the City of Detroit

Sachse Ribbon Cutting

Global Ties Delegation Visits EL CENTRAL

On March 15, a delegation of 11 journalists and editors from Estonia visited the offices of EL CENTRAL as part of an international exchange program coordinated by Global Ties Detroit. The visiting media experts were interested in learning more about EL CENTRAL's partnership with the Race and Justice Reporting Initiative to diversify our newsroom and give minorities and women a greater voice while promoting representative democracy.

Martina Guzman, Director of the Race and Justice Reporting Initiative, and Robert Dewaelsche, Managing Editor, shared their perspectives on their partnership which began in the summer of 2022.

"The experience gave us an opportunity to pause to reflect on our work together and our shared goals of diversifying the EL CENTRAL newsroom and offer more original reporting for and about our diverse community to our readers and viewers online," Dewaelsche said.

For more information, visit www.globaltiesdetroit.org

Photo on right: A delegation of media experts from Estonia recently visited the offices of EL CENTRAL to learn about diversifying newsrooms with minority voices and promoting representative democracy. Photo courtesy of Global Ties Detroit.

2023 Severe Storms are Encouraged to Apply for FEMA Disaster Assistance

Homeowners and renters in Wayne, Oakland, Macomb, Monroe, Livingston, Eaton, Ingham, Ionia, and Kent counties with uninsured or underinsured damage caused by the August 24 - 26, 2023, severe storms are encouraged to apply for FEMA disaster assistance. The deadline to apply for assistance is Monday, April 8, 2024.

Residents can apply for FEMA assistance online or in person:

• Go online to DisasterAssistance.gov, use the FEMA mobile app or call 800-621-3362. If you use a relay service such as video relay service, captioned telephone service or others, give FEMA your number for that service.

• Visit the Disaster Recovery Center located at Kemeny Recreation Center, 2260 S. Fort St., Detroit, MI, starting Monday, March 18, to Saturday, March 23, 2024, from 8 AM until 6:30 PM.

If you already made repairs or started your recovery, you can still apply. If you have received a letter stating that you are ineligible for FEMA assistance, it does not necessarily mean that you cannot expect any help from FEMA. It's important to read your FEMA decision letter carefully. You may just need to provide additional information or documents to keep your application moving. You can always visit a Disaster Recovery Center or call the FEMA Helpline if you have questions, need help with the process, or would like to file an appeal.

Special Services

The FEMA Helpline at 800-621-3362 is staffed with specialists who speak many languages. If you use video relay service, captioned telephone service or others, give FEMA your number for that service. FEMA also offers free services to help survivors communicate with FEMA personnel on the phone or at Disaster Recovery Centers. To locate a recovery center, go to fema.gov/drc. FEMA will continue to accept appeals and assist applicants with questions after the April 8 application deadline has passed.

How to Apply for
FEMA Disaster Assistance
Homeowners and renters in Detroit with uninsured or underinsured damage caused by the severe weather of August 24-26, 2023 are encouraged to apply for FEMA disaster assistance.
Even if you have already made repairs or started your recovery, you can still apply. Be prepared to show repair receipts, photos and other disaster-related damage documentation.
To learn more or start the process, go online to DisasterAssistance.gov, use the FEMA mobile app or call 800-621-3362.
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Preparations Begin in Downtown Detroit for 2024 NFL Draft April 25-27

• Know Before You Go: All NFL Draft details available at visitdetroit.com/2024nfldraft

The City of Detroit, Visit Detroit, Detroit Sports Commission, and a coalition of key stakeholders including the State of Michigan, Wayne County, Rocket Companies, the Downtown Detroit Partnership (DDP) and the Detroit Lions recently announced the launch of a comprehensive "Know Before You Go" public awareness campaign to provide essential information for residents, business owners, and fans planning to attend the 2024 NFL Draft presented by Bud Light in Detroit.

The Draft will be free and open to fans in the downtown area surrounding the award-winning Campus Martius Park and Hart Plaza from April 25–27, bringing unprecedented national and global media attention to the city of Detroit, including 90 hours of broadcast coverage reaching more than 50 million viewers on NFL Network, ABC, ESPN, ESPN Deportes and streamed on NFL+. The announcement, marking 30 days before night one of the Draft on April 25, took place at the Development at Cadillac Square—formerly known as the Monroe Midway—the site of the NFL Draft Theater.

"The NFL Draft is going to do more for our city in terms of economic activity and its national image than any single event in Detroit's history," said Mayor Mike Duggan. "Just 30 days from now, hundreds of thousands of visitors will be staying at our hotels, shopping at our stores and dining at restaurants across the city. We've been working behind the scenes for more than a year and now is the time people will actually start to see the NFL Draft event space start to take shape."

NFL Draft Theater to begin rising, streets to start closing

Built in front the of the award-winning Campus Martius Park, the NFL Draft Theater will act as the Draft's central hub where all 32 teams pick the future football stars live and in-person.

During the media event, the City announced the first downtown street closures for the draft, which is expected to attract hundreds of thousands of visitors and customers for downtown businesses. Phase one closures, which will begin on Friday, March 29th and last until May 7, will be largely contained to the perimeter of the NFL Draft Theater footprint, including:

- Randolph Street between Macomb Street and Fort Street
- Monroe Street between North Woodward Avenue and Randolph Street
- Farmer Street between Randolph and Bates (Garage access only)
- Bates Street (no through traffic)
- Farmer from Randolph to Bates

Organizers have been meeting for weeks with business owners and residents in the impacted area to inform them of the closure and to answer any questions they may have. Details of later phases of closures, including E. Jefferson for the construction of the NFL Draft Experience at Hart Plaza, will be announced shortly after the Phase One closure has been implemented.

These updates will be posted on the NFL One Pass app, visitdetroit.com and detroitmi.gov. Upcoming phases of the build-out will include the area around Hart Plaza, which will host the NFL Draft Experience presented by Rocket Mortgage, also free for the public to enjoy.

In addition to the construction of the NFL Draft Theater, visitors already can see other signs of the excitement starting to build downtown including NFL team banners on downtown light poles and electrical transformer boxes painted with the jerseys of Detroit sports legends from each of its professional sports teams.

The city also provided transportation updates to assist fans traveling downtown for the Draft, including vehicle parking information and details on alternate transportation options such as DDOT, RTA, SMART, Uber or Lyft, and other modes of fan transportation.

Ancillary Viewing Sites Announced

In addition, a slate of free and exciting ancillary viewing and entertainment areas, where thousands of visitors outside of the immediate NFL Draft footprint can enjoy the experience, were announced. The Downtown Detroit Partnership (DDP) will present 'Draft Day in the D' viewing parties in Grand Circus Park, Beacon Park, Capitol Park, and Paradise Valley Beatrice Buck Park, while Bedrock will be activating Woodward Avenue from State St. to Park Avenue, as well as Parker's Alley and The BELT.

"The Downtown Detroit Partnership's 'Draft Day in the D' is free to fans, friends, and families who will be enjoying Detroit during Draft Weekend," said Downtown Detroit Partnership CEO Eric B. Larson. "We're focused on creating an inclusive and fun atmosphere throughout downtown that builds upon the energy and excitement from the main event in Campus Martius Park that engages local businesses to provide something for everyone."

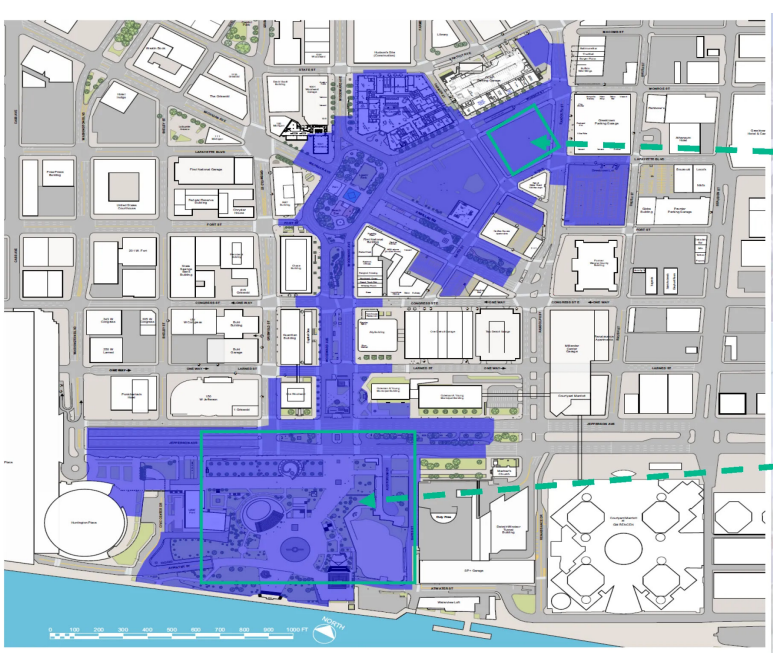
The Draft will engage other areas of the city over the three-day event, including Corktown and Corner Ballpark which will host youth-focused activities like NFL FLAG skills and drills and football clinics. Greektown, Eastern Market, Columbia Street in the District Detroit area are planning for football-themed activities to welcome fans.

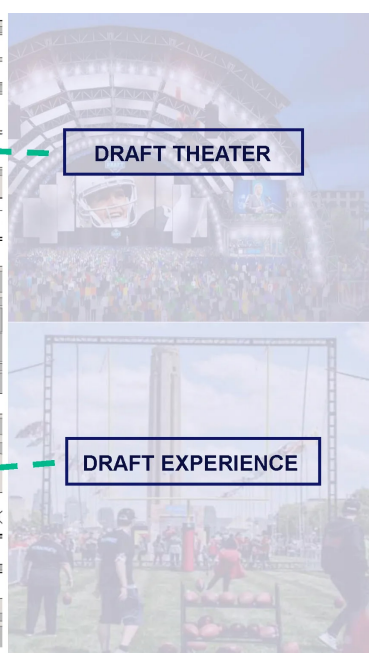
Alexis Wiley, expressed enthusiasm for the ancillary events, stating, "The Draft will welcome hundreds of thousands of football fans downtown, but these ancillary events will help us to engage other Detroit communities outside of the footprint, and allow all city residents to enjoy the excitement of this event."

Claude Molinari, CEO of Visit Detroit, added, "We can't wait to welcome football fans from Detroit and worldwide to our city. Success in hosting major events is much like success on the football field. It takes an incredible team working together, and I want to recognize this region's incredible corporate, civic, and philanthropic community whose donations are making the NFL Draft possible."

For more information on NFL Draft presented by Bud Light, fans should visit nfl.com/draft/event-info and download the NFL OnePass app or on the web at NFL.com/DraftAccess.

All adults are required to register for free entry to the NFL Draft but can also register up to five children to get into the event, which includes free entry to the 2024 NFL Draft Experience presented by Rocket Mortgage. Fans are encouraged to get to Draft Experience early, as attendance will be on a first-come first-served basis. For those without a smartphone, registration on site via Fan Services staff is also permitted.





DCFC Wins Home Opener !!!

EL CENTRAL
HISPANIC NEWS
SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

Photos by Adam J. Dewey

Last Saturday, in front of a pact crowd, the Detroit City FC Mens took on Loudoun United FC.

The Detroit City FC mens defeated Loudoun United FC 2-1, to start the season 2-0.

The Detroit City FC mens, go on the road, this Saturday, March 30th, to take on Indy Eleven at 7:00 pm (DETROIT50), before returning home, to Keyworth Stadium, on Saturday, April 6th, at 2:00 pm, to host, North Carolina FC (DETROIT50).

Please see David Levine's article on page 11, for a more in depth coverage of the match.

For more information about Detroit City FC, visit detcityfc.com and follow @DetroitCityFC on Twitter and Facebook and @detroitcityfootballclub on Instagram.

Photos below are highlights from Detroit City FC mens vs. Loudoun United FC match

DCFC FREEZES LOUDON

EL CENTRAL HISPANIC NEWS

Pateando la No. 5

SPORTS

David Levine
EL CENTRAL

It's still early in the season, but Detroit City FC supporters have already seen something that didn't happen in all of 2023: the team scored multiple goals in back-to-back games. One-time Premier League striker Danny Dichio has sparked some life into what was the USL Championship's most anemic attack during the beginning stages of his reign as manager.

With a mobile, physical center forward in Elvis Amoh, the club has looked far more dynamic going forward than last year. The team had problems creating chances, let alone scoring last year. During the first two games of this season, the attack has blossomed in its new configuration. It's not just Amoh, though. Dichio has moved Maxi Rodriguez much closer to the center forward, almost as a second forward, especially when the team presses high up the field. Moving Ben Morris to the right opens up a bit more room for Rodriguez to find spaces in opponents' back line. Ali Coote, a new arrival, has started on the left and showed some life during the first half of the Loudon game last weekend.

The results of Dichio's tweaks have been superb. Two wins from two games puts DCFC among the top teams in the league. The home fans certainly enjoyed the new dynamism. On a sunny, but freezing Saturday afternoon, 6,231 saw DCFC come out flying. Coote had an early chance saved and Morris' follow up was cleared by a desperate lunge.

Unfortunately, what the supporters meant as a 13th minute tribute to their brethren and kin who had lost their lives in recent times, was marred by a giveaway and a goal for Loudon. Abdoulaye Diop tried a blind pass while the team built out of the back. Florian Valot picked it off and fed Wesley Leggett, who swiveled and created just enough room to slot the ball past Nate Steinwascher. Because the supporters were in the midst of a minute's silence, everyone heard the team's frustration and midfielder James Murphy's booming voice working to lift them back up.

Murphy played well in midfield alongside Diop. Their partnership allows Rodriguez to push further forward in Dichio's scheme. The former Sheffield Wednesday academy player had a decent chance to score from a free kick, but saw his swerving shot pushed wide by Hugo Fauroux in the Loudon goal.

Le Rouge came out with renewed purpose in the second half and the more aggressive press Dichio encouraged paid dividends. They forced a turnover with Murphy picking up a wayward pass. He played it forward immediately to Rodriguez, who tipped in onto Amoh. Showing the perfect center forward technique of playing with his back to goal, Amoh deftly flicked the ball to Diop, who unleashed a 25 yard piledriver into the corner of the goal. The Northern Guard and the rest of the East Stand erupted in a cacophony of noise, enveloped by a rising cloud of multi-colored smoke. For Diop, it was redemption after his first half giveaway had resulted in the early deficit. Just eleven minutes into the second half, the club had the lift it needed.

After the equalizer, DCFC turned up the pressure. Anytime Loudon tried to play out of the back, they moved forward as a unit to squeeze the space and restrict passing options. Goalkeeper Nate Steinwascher had little to do beyond a couple of routine saves. For a change, he didn't have to be spectacular.

Loudon then became the architects of their own downfall. Knowing that DCFC's press caused them problems, they persisted in working the ball around their defenders and goalkeeper. In the 71st minute, Fauroux dallied too long and pushed the ball too far out in front of him. Amoh closed the space and blocked Fauroux's attempted clearance. The ball rolled to Maxi Rodriguez for the simplest tap in from the center of an empty net. Cue the smoke and roar from the crowd. Loudon never recovered and were fortunate not to go further behind when first Rodriguez and then substitute Rhys Williams (twice) had chances to extend the lead.

Detroit City will try to continue their winning streak on Saturday night in Indianapolis (7:00pm WKBD50). Indy XI will be a tough game for DCFC. They met in preseason with Indy cruising to a comfortable win. However, that game didn't count in the table. Indy has a win, a loss, and a draw to start the season. Their most recent result was a home draw against the Sacramento Republic, Dichio's most recent USL post prior to joining DCFC. DCFC will go to Indy full of confidence, in themselves and their ability to generate the offense that was missing last year.

USA EASES PAST MEXICO

CONCACAF has now staged three Nations League tournaments. The United States has won all three. At AT&T Stadium in Dallas last Sunday, they had a routine 2-0, Dos a Cero, win over Mexico. The result and the manner in which it was achieved belied the events of the semifinals.

The Americans conceded a foolish early goal to Jamaica and relied on a miraculous own goal deep into second half stoppage time to reach extra time. During the additional thirty minutes, Gio Reyna and Haji Wright finally made the USA's 80% possession tell with two well crafted goals.

Mexico cruised past Panama 3-0 with a minimum of discomfort. How they let down their supporters and themselves on Sunday remains a mystery. The team that looked to be in complete control against a relative minnow on Thursday had no answers for the defending champions just three days later.

Gregg Berhalter made five changes to the side that struggled to convert possession into an advantage on the scoreboard in the semifinal. Wright and Reyna started. Tyler Adams, who was subject to a minutes limit, came in to anchor midfield. Sergino Dest returned from suspension. Veteran Tim Ream led the back line.

The first half stayed tight. Christian Pulisic, played in by Reyna, forced a good save from Guillermo Ochoa early, but chances were few and far between. The USA held roughly 60% possession, which normally doesn't happen in the these US-Mexico games.

Just as it looked like the half would peter out in a goalless draw, Adams struck a thunderbolt from the blue. Mexico partially cleared a corner to Weston McKennie on the left wing. He played the ball infield to Adams. The Bournemouth midfielder drifted a few yards towards the middle and found himself unchallenged. So, he wound up and unleashed a spectacular rocket that whipped past Ochoa into the top corner from over 30 yards. The entire American squad, subs, and coaches swarmed him on the US sideline in celebration. Much of the stadium sat stunned. Adams now has two international goals, both against Mexico. It was a shot that will live long in the memories of US fans and probably Ochoa, too.

The second half went much the same way. Adams yielded his place to Johnny Cardoso during the break, but the pattern of play didn't change. Eventually, Christian Pulisic torched a defender on the US left and played a ball across goal that didn't get cleared. It fell for Reyna to fire home the insurance goal. Mexico failed to reply and must once again try to explain a defeat to the US in front of a majority Mexican crowd.

Both teams will now break until they start preparations for the Copa America this summer. The US will be hoping that players in the national team pool stay hot. Pulisic, Wright, McKennie, Dest, Ricardo Pepi, and several others are having excellent seasons in Europe. For Mexico, only five players on the roster feature in the top European leagues, giving the US a distinct advantage which came to the fore in Dallas. While the US will go into the Copa America on a high, Mexico has to regroup and come up with solutions to prevent an early exit.

Local University Sports News !!!

The University of Michigan Wolverines basketball hired Dusty May as their new head coach.

Photo provided by the U of M Athletics Department.

Oakland University Golden Grizzlies beat Kentucky 80-76, but lost to NC State 79-73, in the NCAA Tournament.

Two of their stars were #3 Jack Gohlke, and #4 Trey Townsend.

Photos of #3 Jack Gohlke, and #4 Trey Townsend, by Adam J. Dewey.

#3 Jack Gohlke had an outstanding game against Kentucky hitting 10 3-pointers and Trey Townsend was outstanding in both games.

EDITORIAL OPINION

"THE CONSTITUTION'S UNEQUAL PROTECTION"

By Raoul Lowery Contreras

Many people in the United States of America, particularly in California, Texas, Mississippi and South Carolina are denied their constitutional right of "Equal Protection" every four years when they vote for President. Their vote simply has no weight and is, for all intents and purposes, ignored.

That's because of (1) where they live and (2) the color of their skin, and (3) what party they vote for and (4) if their choice loses the state.

In particular, California, with 40% of its population Hispanic (15.4 million people) lacks "equal protection" for Republican voters in general but specifically for Hispanic Republicans - a growing number every election. They throw their vote for President away because the state is so Democrat that even though millions of Californians vote Republican, their vote doesn't count in a presidential race. That's because California awards all its 54 presidential electoral votes to the winner, "winner takes all."

President Biden took all of California's electoral vote - 54 votes - with 64% of the vote and Trump received nothing for his 30%. The same was true with all who voted for George W. Bush (2000 & 2004), John McCain (2008), Mitt Romney (2012), Donald J. Trump 2016 and Trump again in 2020.

"Winner takes all" insults the 14th Amendment's constitutionally demanded "equal protection." The 48 states that award "winner takes all" electoral votes effectively disenfranchise millions of Americans from basically having any say in who is president. Millions of Republicans, especially Hispanic Republicans, in California are totally disenfranchised by "winner takes all."

The reverse of California is true in Texas, where most of 11-plus million Hispanics vote Democrat and where Republicans usually win the presidential vote. Texas Democrats watch their votes being "counted" but not counting for anything as they get nothing for losing and the winner "takes all."

Republican Hispanics in California and Democrat Hispanics in Texas are literally skewered by the Constitution's electoral system because of "winner takes all." The same is true of Black voters in Mississippi (37.8%) and South Carolina (26.3%) where most Blacks vote Democrat for President while most white voters dominate these two states with unbeatable Republican votes.

Question: What is constitutional "equal protection?" Those words are the last fourteen of the 14th Amendment to the Constitution; the amendment was ratified in June 1868. They are: no state can "...deny to any person within its jurisdiction the equal protection of the laws."

History shows us that "equal protection" did not always exist where federal troops weren't based after the Confederate forces surrendered in 1865. A few years later, the 1876 Presidential popular vote was won by Democrat Samuel Tilden. However, 20 electoral votes were protested by Republicans because Blacks throughout the south were harassed and/or killed to prevent their voting.

As the Constitution didn't/doesn't outline how to solve electoral problems like this, Congress stepped in and eventually made a deal to withdraw Union occupation troops from the South, as the troops left, so did "equal protection" for millions of former slaves and their families.

In 1896, an all-white male Supreme Court opened the legal gates to unequal constitutional protection by ruling that segregated Black people riding in railroad cars identical to all-white railroad cars were equally treated. That treatment, "separate but equal" became a heavy burden on millions of Americans for almost a century.

"Like many constitutional provisions, the Equal Protection Clause continues to be in flux." Interpretation: The Equal Protection Clause | Constitution Center

Despite decades of different views expressed by the Supreme Court on "equal protection" in 1896 it began to drastically change with "Brown v. Board of Education (1954) on segregation and the "one man, one vote" cases in 1962 and 1963 that ruled a vote's weight should not be affected by where one lives.

None of those conditions exist in our electoral system, a system developed by compromise 237 years ago. The system must be changed so that a vote here is the same as a vote there.

Today a vote for president doesn't carry the same weight as a vote for congress. A congressional district has to be drawn based on equal population. Thus a vote for a congress person from Wyoming has the same weight as a vote for a congressperson in California or New York.

Changing the electoral system has been tried before, many times. It is difficult because it is embedded in the Constitution. That makes change hard but by changing how electoral votes are allocated by states, it is possible without a constitutional amendment. The Constitution does not specify how the votes are allocated.

Simply put, a state legislature may allocate electoral votes by percentage or by congressional district; by making such a change we can choose a president with votes that count even if for the loser.

One person, one vote.

Opinions in this column are not necessarily those of the Publisher or Editor

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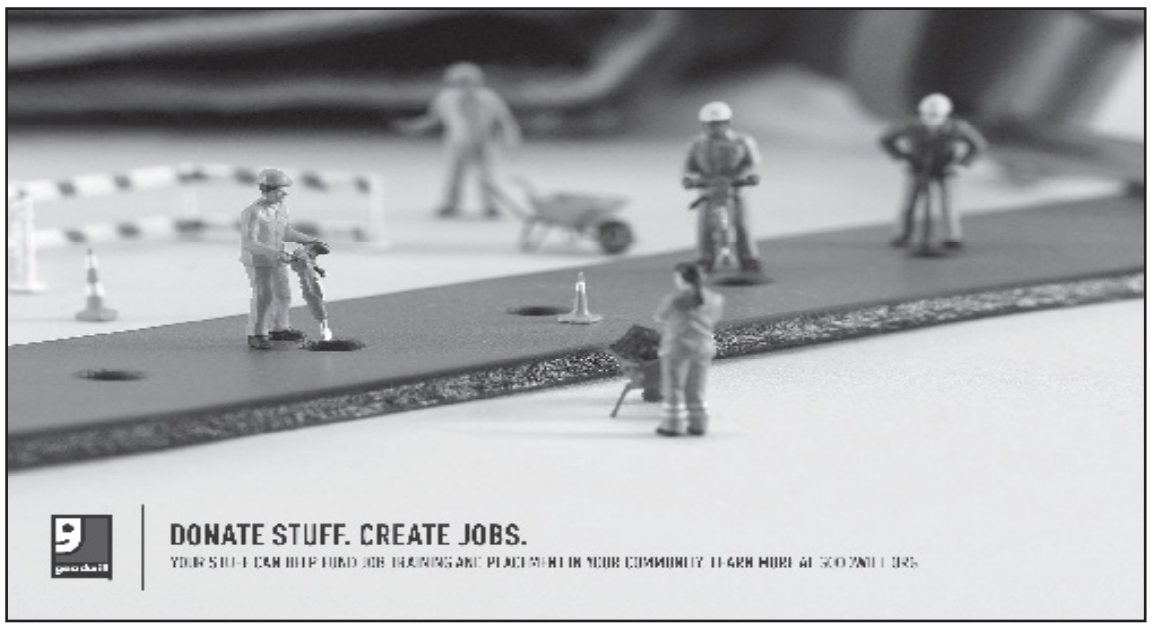

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Affordable Dental Coverage Gives Older Adults a Reason to Smile

(StatePoint) Maintaining your health and vitality as you age includes taking care of your mouth. Neglecting dental health can make you susceptible to gum disease, lead to poor nutrition, put you at risk for infections, and even impact your emotional well-being.

Yet, many older adults aren't receiving proper oral care. Research from the Kaiser Family Foundation shows that more than one in five Medicare beneficiaries have not visited a dentist in five years, primarily because of cost.

Many people lose their dental coverage when they retire. Fortunately, affordable options are available, according to Dr. J.B. Sobel, chief medical officer with Cigna Healthcare's Medicare business.

"While Original Medicare doesn't cover routine dental care, Medicare Advantage (MA) plans include everything in Original Medicare and more," Sobel said. "Many MA plans include some dental coverage, often at no extra cost. Some plans will allow you to see any provider of your choosing, while others require you to use providers within a certain network. Some MA plans even provide no-cost transportation to the dentist."

Once you have access to dental care, there are compelling reasons to take advantage of it, according to Dr. Cary Sun, chief dental officer with Cigna Dental and Vision, including the following:

Preventing gum disease and other oral health issues. Forgoing recommended routine teeth cleanings can increase the risk for cavities, gum disease, infection, and swelling of the gums (gingivitis). This can escalate into problems like tooth loss and the need for root canals or crowns, costing thousands of dollars. If you have a chronic medical condition like diabetes, gum disease can also put you at greater risk of infection, as bacteria can enter the bloodstream through poor oral hygiene. Therefore, it's important to get regular cleanings with your dentist, to brush your teeth twice daily with a fluoride toothpaste, and to floss daily to remove plaque from between teeth. An electric toothbrush or water flosser may make brushing and flossing easier.

Addressing dry mouth. Many older adults take multiple medications. This can result in a condition called "dry mouth," which can make it hard to chew, swallow or even talk. Dry mouth can also raise the risk of tooth decay and oral infections. A dentist can help you address this with saliva substitutes or lifestyle changes, such as sipping water and reducing or avoiding tobacco, caffeine and alcohol.

Facilitating good nutrition. Proper nutrition is important for everyone, but particularly for older adults. A healthy mouth makes it easier for you to eat well and enjoy food, while gum disease or ill-fitting dentures can make it hard to chew. If you're having difficulty eating for any reason, your dentist may be able to help you.

Screening for certain cancers. Cancers of the mouth are more common in older adults. As with all cancers, early detection is critical to effective treatment. An annual oral cancer examination can help detect early signs.

Maintaining your confidence. Having healthy teeth boosts confidence and fosters better communication. You may be more likely to go out, stay active, and meet and interact with new people when you're proud of your smile.

To find MA plans offered in your area, visit Medicare.gov. For information on Cigna Healthcare plans, go to CignaMedicareInformation.com.

"The case for maintaining your dental health is clear and convincing," Dr. Sun said. "Once you're covered by Medicare, secure dental insurance coverage and see your dentist as recommended to maintain your overall health. Through regular preventive care, you may even be able to avoid more costly and serious procedures later. It's never too late to get started on a path toward better oral hygiene."

La cobertura dental asequible brinda a los adultos mayores una razón para sonreír

(StatePoint) Mantener su salud y vitalidad a medida que envejece incluye cuidar su boca. Descuidar la salud dental puede volverlo susceptible a enfermedades de las encías, provocar una nutrición deficiente, ponerlo en riesgo de infecciones e incluso afectar su bienestar emocional.

Sin embargo, muchos adultos mayores no reciben el cuidado bucal adecuado. Una investigación de la Kaiser Family Foundation muestra que más de uno de cada cinco beneficiarios de Medicare no ha visitado a un dentista en cinco años, principalmente debido al costo.

Muchas personas pierden su cobertura dental cuando se jubilan. Afortunadamente, hay opciones asequibles disponibles, según el Dr. J.B. Sobel, director médico del negocio Medicare de Cigna Healthcare.

"Si bien Medicare Original no cubre la atención dental de rutina, los planes Medicare Advantage (MA) incluyen todo lo de Medicare Original y más", dijo Sobel. "Muchos planes MA incluyen cierta cobertura dental, a menudo sin costo adicional. Algunos planes le permitirán consultar a cualquier proveedor de su elección, mientras que otros requieren que utilice proveedores dentro de una determinada red. Algunos planes MA incluso ofrecen transporte sin costo al dentista".

Una vez que se tiene acceso a la atención dental, existen razones de peso para aprovecharla, según el Dr. Cary Sun, director dental de Cigna Dental and Vision, incluidas las siguientes:

Prevención de enfermedades de las encías y otros problemas de salud bucal. Renunciar a las limpiezas dentales de rutina recomendadas puede aumentar el riesgo de caries, enfermedades de las encías, infección e hinchazón de las encías (gingivitis). Esto puede derivar en problemas como la pérdida de dientes y la necesidad de endodoncias o coronas, lo que cuesta miles de dólares. Si tiene una afección médica crónica como diabetes, la enfermedad de las encías también puede aumentar el riesgo de infección, ya que las bacterias pueden ingresar al torrente sanguíneo debido a una mala higiene bucal. Por lo tanto, es importante realizar limpiezas periódicas con su dentista, cepillarse los dientes dos veces al día con una pasta dental con flúor y usar hilo dental diariamente para eliminar la placa entre los dientes. Un cepillo de dientes eléctrico o un irrigador dental pueden facilitar el cepillado y el uso del hilo dental.

Abordar la boca seca. Muchos adultos mayores toman múltiples medicamentos. Esto puede provocar una afección llamada "boca seca", que puede dificultar masticar, tragar o incluso hablar. La boca seca también puede aumentar el riesgo de caries e infecciones bucales. Un dentista puede ayudarle a abordar este problema con sustitutos de la saliva o cambios en el estilo de vida, como beber sorbos de agua y reducir o evitar el tabaco, la cafeína y el alcohol.

Facilitar una buena nutrición. Una nutrición adecuada es importante para todos, pero especialmente para los adultos mayores. Una boca sana hace que sea más fácil comer bien y disfrutar de la comida, mientras que las enfermedades de las encías o las dentaduras postizas mal ajustadas pueden dificultar la masticación. Si tiene dificultades para comer por algún motivo, es posible que su dentista pueda ayudarlo.

Detección de ciertos cánceres. Los cánceres de boca son más comunes en los adultos mayores. Como ocurre con todos los cánceres, la detección temprana es fundamental para un tratamiento eficaz. Un examen anual de cáncer oral puede ayudar a detectar signos tempranos.

Manteniendo tu confianza. Tener dientes sanos aumenta la confianza y fomenta una mejor comunicación. Es más probable que salgas, te mantengas activo y conozcas e interactúes con gente nueva cuando estés orgulloso de tu sonrisa.

Para encontrar los planes MA que se ofrecen en su área, visite Medicare.gov. Para obtener información sobre los planes de Cigna Healthcare, visite CignaMedicareInformation.com.

"Los argumentos a favor de mantener la salud dental son claros y convincentes", afirmó el Dr. Sun. "Una vez que esté cubierto por Medicare, obtenga cobertura de seguro dental y consulte a su dentista según las recomendaciones para mantener su salud general. A través de atención preventiva regular, es posible que incluso pueda evitar procedimientos más costosos y graves en el futuro. Nunca es demasiado tarde para emprender el camino hacia una mejor higiene bucal".

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